

mmmmenu

Monday

Rosemary Roast Chicken with Soya Sauce

Vegemince Stuffed Peppers ✓

Caribbean Fried Rice Tossed Green Salad with Cherry Tomatoes

Hot Chocolate Cake with Chocolate Sauce

Tuesday

Chilli Con Carne served with Basmati Rice

Baked Cauliflower and Broccoli Cheese ✓

Seasoned Buttered Mint New Potatoes

Courgettes, Sweet Peppers, Carrots and Red Onions, Celery Provencal

Apple and Apricot Crumble with Custard

Wednesday

Traditional Caribbean Curry

Chickpea and Potato Curry with Spiced Pumpkin ✓

Calypso Rice, Fresh Garlic with Shredded Carrots

Homemade Coleslaw with Red Cabbage and Red Onions

Fruits of the Forest Fool

Thursday

Traditional Lasagne

Vegetarian Lasagne ✓

Garlic Bread, or Spicy Wedges, Corn on the Cob

Pear Tart with Custard

Friday

Fried Cod in Homemade Chilli Batter

Pasta and Courgette Bake with Roasted Peppers ✓

Freshly Fried Chips, Sweetcorn and Green Peas

Banoffee Pie